

**IF YOU STARTED WITH 21MG PATCHES,
USE THE FOLLOWING GUIDELINES**

What you’ve completed:

STEP 1 - You’ve been using the 21 mg nicotine patch every day for 4 weeks so far.

What’s next:

STEP 2 - Continue to use the 21 mg nicotine patch every day for 2 more weeks.

STEP 3 - You will then decrease the dose to 14 mg and wear this patch every day for 2 weeks.

STEP 4 - You will then decrease the dose to 7 mg and wear this patch every day for 2 weeks and then **stop**.



STEP 1	STEP 2	STEP 3	STEP 4
Use one 21 mg patch a day	Use one 21 mg patch a day	Use one 14 mg patch a day	Use one 7 mg patch a day
(4 weeks total)	(2 weeks total)	(2 weeks total)	(2 weeks total)

Completing the full program will increase your chances of quitting successfully.